

Top Causes of Stress in the U.S.

#1 Job Pressure

#2 Money

#3 Health

#4 Relationships

#5 Poor Nutrition

#6 Media Overload

#7 Sleep Deprivation

Data from American Psychological Association, American Institute of Stress NY Research date: 7.8.2014

U.S Stress Statistics

Data from American Psychological Association, American Institute of Stress NY Research date: 7.8.2014

- 77% of people who regularly experience physical symptoms caused by stress
- 73% regularly experience psychological symptoms caused by stress
- 33% feel that are living with extreme stress
- 48% feel their stress has increased over the past five years
- 76% cited money and work as the leading cause of their stress
- 48% reported lying awake at night due to stress

Stress Impact Statistics

- **48%** say stress has a negative impact on their personal and professional life
- **31%** employed adults who say they have difficulty managing work and family responsibilities
- **35%** who cited jobs interfering with their family or personal time as a significant source of stress
- **54%** who said stress has caused them to fight with people close to them
- **26%** reported being alienated from a friend or family member because of stress
- **30%** who say they are "always" or "often" under stress at work
- **\$300 Billion** annual costs to employers in stress related health care and missed work

10 Ways to Manage Your Stress

1. Learn relaxation techniques like deep breathing, mindfulness, yoga or Tai-chi . Take 15-20 minutes every day to practice and reflect.
2. Keep a positive attitude; give yourself positive messages.
3. Exercise regularly by bicycling, walking, hiking, jogging. Your body can fight stress better when it is fit.
4. Halt stress in its tracks; take a walk or drive in the slow lane to avoid getting angry at other drivers.
5. Manage your time. Give yourself time to get things done.



10 Ways to Manage Your Stress

6. Do things that are pleasurable, like reading or gardening.
7. Eat healthy, well-balanced meals.
8. Get enough rest and sleep. Your body needs time to recover from stressful events.
9. Avoid alcohol and recreational drugs. And don't smoke.
10. Seek out social support and accept that there are events that you cannot control.

